

Gryphon Strong 5K

Training Schedule Structure

This schedule is a suggested tool to help you prepare for a 5K (3.1 Miles) Walk/Run. You do not have to do your runs on specific days. Either take a complete rest day or do cross-training the days in between runs if needed. Cross-training can be cycling, free play or any other activity (other than running) that you enjoy. Strength-training two to three times a week is also very beneficial for runners, as well as being recommended for health in general. If you find your training program is moving too quickly, you can stay on a week and repeat the workouts before moving on to the next week.

Training Notes

Tempo Runs (TR) Tempo Runs help you develop your anaerobic capacity. Start your run with 5 minutes easy running, then continue with 10-15 minutes running about 10 seconds per mile slower than your 5K race pace, and finish with 10 minutes cooling down.

Hill repeats (HR): For you hill repeats pick a hill (which won't be hard in the Lynchburg area) about 200 to 400 meters long that isn't too steep. Try to run up at your 5K race effort. Recover down the hill at an easy pace.

5K Interval Workouts: Run your intervals workouts at you_5K pace with a two-minute easy-paced recovery in between each interval. You should start and finish your 5K interval workouts with one mile of easy running to warm up and cool down.

Long Runs (LR): You're not training for a long distance event, but long runs will help you develop your stamina, which is important in 5K racing. You should do your long runs at a comfortable, conversational pace. You should be able to breathe easily and talk in complete sentences. Your **easy pace runs (EP)** should also be done at this effort.

Rest Days: On rest days, you can take the day off or do some easy cross-training (CT), such as biking, rowing machine, elliptical trainer, strength training, or another activity you enjoy.

Gryphon Strong 5K Training Schedule

Beginner Training Program

Week 1- April 20-25

Monday 4/20: Run 2 minutes, walk 2 minutes. Repeat 3 times.
Tuesday 4/21: Rest or cross-train.
Wednesday 4/22: Run 2 minutes, walk 2 minutes. Repeat 4 times.
Thursday 4/23: Rest or cross-train.
Friday 4/24: Run 2 minutes, walk 1 minutes. Repeat 4 times.
Saturday 4/25: Jog/walk 1 mile

Week 2 – April 27-May 2

Monday 4/27: Run 2.5 minutes, walk 1 minute. Repeat 4 times.
Tuesday 4/28: Rest or cross-train.
Wednesday 4/29: Run 3 minutes, walk 1 minute. Then, run hard for 1 minute, walk for 2 minutes, repeat 3 times. Finish with 3 minute run, 1 minute walk.
Thursday 4/30: Rest or cross-train.
Friday 5/1: Run 4 minutes, walk 1 minute. Repeat 3 times.
Saturday 5/2: Jog/walk 2 miles easy pace

Week 3 May 4-9

Monday 5/4: Run 5 minutes, walk 1 minute. Repeat 3 times.
Tuesday 5/5: Cross-train.
Wednesday 5/6: Run 6 minutes, walk 1 minute. Then run hard for 1 minute, walk for 2 minutes. Repeat 4 times.
Thursday 5/7: Rest.
Friday 5/8: Run 8 minutes, walk 1 minute. Repeat 2 times.
Saturday 5/9: Jog/walk 2.5 miles easy pace

Week 4 May 10-16

Monday 5/10: Run 10 minutes, walk 2 minutes. Repeat 2 times.
Tuesday 5/11: Cross-train.
Wednesday 5/12: Run 12 minutes, walk 1 minute. Then add two intervals where you run hard for 1 minute, walk for 2 minutes.
Thursday 5/13: Run 12 minutes, walk 3 minutes, run 10 minutes. Walk 3 minutes
Friday 5/14: Rest.
Saturday 5/15: 5K Gryphon Strong Challenge Day (Jog/Walk 3 miles)

Gryphon Strong 5K Training Schedule

Intermediate Training Program

Week 1 – April 20-25

Monday 4/20: Run 5 minutes, walk 1 minute. Repeat 3 times.
Tuesday 4/21: Rest or cross-train.
Wednesday 4/22: Run 6 minutes, walk 1 minute. Repeat 3 times.
Thursday 4/23: Rest or cross-train.
Friday 4/24: Run 7 minutes, walk 1 minute. Repeat 3 times.
Saturday 4/25: Run 2 miles easy pace

Week 2 – April 27-May 2

Monday 4/27: Run 7 minutes, walk 1 minute. Repeat 3 times.
Tuesday 4/28: Rest or cross-train.
Wednesday 4/29: Run 8 minutes, walk 1 minute. Then, run hard for 1 minute, walk for 2 minutes, repeat 3 times. Finish with 8 minute run, 1 minute walk.
Thursday 4/30: Rest or cross-train.
Friday 5/1: Run 9 minutes, walk 1 minute. Repeat 3 times.
Saturday 5/2: Run 2 miles easy pace

Week 3 May 4-9

Monday 5/4: Run 10 minutes, walk 1 minute. Repeat 2 times.
Tuesday 5/5: Cross-train.
Wednesday 5/6: Run 12 minutes, walk 1 minute. Then run hard for 1 minute, walk for 2 minutes. Repeat 4 times.
Thursday 5/7: Rest.
Friday 5/8: Run 13 minutes, walk 1 minute. Repeat 2 times.
Saturday 5/9: Run 3 miles easy pace

Week 4 May-10-16

Monday 5/10: Run 15 minutes, walk 1 minute. Repeat 2 times.
Tuesday 5/11: Cross-train.
Wednesday 5/12: Run 17 minutes, walk 1 minute. Then add two intervals where you run hard for 1 minute, walk for 2 minutes.
Thursday 5/13: Run 20 minutes, walk 1 minute, run 10 minutes.
Friday 5/14: Rest.
Saturday 5/15: 5K Gryphon Strong Challenge Day

Gryphon Strong 5K Training Schedule

Advanced Training Program

Week 1– April 20-25

Monday 4/20: 40 min Cross-train or Rest
Tuesday 4/21: 25 min Tempo run + 2 hill repeats
Wednesday 4/22: 30 min CT or Rest
Thursday 4/23: [4 min @ 5K effort + 2 min Easy pace] x 3
Friday 4/24: Rest .
Saturday 4/25: 4 miles long run

Week 2 – April 27-May 2

Monday 4/27: 40 min CT or Rest
Tuesday 4/28: 30 min TR + 3 hill repeats
Wednesday 4/29: 30 min CT or Rest
Thursday 4/30: [4 min @ 5K effort + 2 min EP] x 3
Friday 5/1: Rest.
Saturday 5/2: 5 miles LR

Week 3 May 4-9

Monday 5/4: 40 min CT or Rest
Tuesday 5/5: 25 min TR + 3 hill repeats
Wednesday 5/6: 30 min CT or Rest
Thursday 5/7: [4 min @ 5K effort + 2 min EP] x 3
Friday 5/8: Rest
Saturday 5/9: 6 miles LR

Week 4 May-10-16

Monday 5/10: 40 min CT or Rest
Tuesday 5/11: 25 min TR + 4 hill repeats
Wednesday 5/12: 30 min CT or Rest
Thursday 5/13: [4 min @ 5K effort + 2 min EP] x 4
Friday 5/14: Rest.
Saturday 5/15: 5K Gryphon Strong Challenge Day